

Berry Jams Party Bites

Prep time: 15 minutes

Makes: 6 Servings

This healthy treat combines fruit, nuts, and whole grains to make sure you have lots of energy to dance and play all day.

Ingredients

- 3 whole grain english muffins
- 6 **tablespoons** peanut butter or sunflower seed butter
- 1 **cup** fresh or frozen (and thawed) sliced strawberries
- 1/2 **cup** fresh or frozen (and thawed) blueberries

Directions

1. Using a fork, gently split English muffin in half.
2. Spread 1 tablespoon of peanut butter on each English muffin half.
3. Layer strawberries and blueberries on top of each English muffin half, covering peanut butter.
4. Serve immediately or chill until served.

Notes

- Instead of strawberries and blueberries, use pineapple (canned in 100% juice is OK) or bananas for a delicious twist.
- **Allergic to nuts?** Use sunflower seed butter in place of peanut butter.

Food Demonstration Samples: Divide each muffin half into fourths. Makes 24 servings.



Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 177 | |
| Total Fat | 9 g | |
| Protein | 7 g | |
| Carbohydrates | 20 g | |
| Dietary Fiber | 4 g | |
| Saturated Fat | 2 g | |
| Sodium | 195 mg | |

*Percent Daily Values are based on a 2,000 calorie diet.

Meal Pattern Contribution Statement: 1/2 muffin provides 0.50 oz eq meat alternate, 1/4 cup fruit and 1 oz eq grains.

Summer Food, Summer Moves (FNS-607)